

Blueberry Yogurt Parfait

Crunchy granola, creamy yogurt, and a delicious sauce - this customizable fruit and yogurt parfait is perfect for breakfast, a snack, or even dessert!

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| YIELD 6 SERVINGS | PREP TIME 10 MIN | TOTAL TIME 45 MIN |
|-----------------------------------|-----------------------------------|------------------------------------|

INGREDIENTS

For the Granola:

| | |
|--------|--------------------------------|
| 1 cup | Old Fashioned Rolled Oats |
| ¼ cup | Coconut, shredded, unsweetened |
| ½ cup | Pecans, raw, rough chopped |
| 2 Tbsp | Maple Syrup |
| 1 Tbsp | Olive or Canola Oil |
| 1 tsp | Vanilla Extract |
| ¼ tsp | Cinnamon, ground |
| ⅛ tsp | Kosher Salt |

For the Fruit Sauce:

| | |
|--------|-----------------------------------|
| 2 cups | Frozen Blueberries or other fruit |
| 1 Tbsp | Sugar, granulated |
| ¼ cup | Water |
| ¼ tsp | Ginger, ground |

For Assembly:

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|--------|-----------------------------|
| 3 cups | Greek Yogurt, plain, nonfat |
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CHEF'S NOTES

Making a homemade fruit sauce is a great way to manage added sugars and to use overripe fruit or any combination of fruit in the freezer. Customize it by experimenting with herbs and spices to add more depth of flavor!

Any type of nut or seed works well with this granola recipe. Try adding chia or flax seeds for extra omega-3s and fiber.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a half sheet tray with parchment paper or foil.

For the Blueberry Sauce:

2. In a medium saucepot over medium-low heat, combine the frozen blueberries, sugar, water, and ginger. Allow to simmer for about 10 minutes, then lightly mash the fruit using a potato masher or fork. Simmer for an additional 10 minutes. Allow to cool.

For the Granola:

3. In a medium bowl, combine the oats, coconut, and chopped pecans. In a separate small bowl, combine the maple syrup, oil, vanilla, spices, and salt and stir until combined. Pour the liquid mixture over the oat mixture. Mix well until the entire oat mixture is coated.

- Spread the mixture onto the lined baking sheet in an even layer. Bake in the oven for 15 minutes, stirring the granola halfway through the cooking process. Remove from the oven and allow to cool.

To assemble Parfaits (for class):

- Spoon 1 Tablespoon blueberry sauce into 12 small cups then top with ¼ cup yogurt and 2 Tablespoon granola. Enjoy!

| Nutrition Facts | |
|---|------------|
| 6 servings per container | |
| Serving size 1/2 cup yogurt, 2 Tbsp sauce, 1/4 cup granola (180g) | |
| Amount Per Serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 12g | 15% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 85mg | 4% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 4g | 14% |
| Total Sugars 15g | |
| Includes 6g Added Sugars | 12% |
| Protein 14g | |
| Vitamin D 0mcg | 0% |
| Calcium 160mg | 10% |
| Iron 0.8mg | 4% |
| Potassium 340mg | 8% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

CONTAINS: MILK, PECAN

| Nutrition Facts | |
|---|------------|
| 12 servings per container | |
| Serving size 1/4 cup yogurt, 1 Tbsp sauce, 2 Tbsp granola (90g) | |
| Amount Per Serving | |
| Calories | 130 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol <5mg | 1% |
| Sodium 45mg | 2% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 8g | |
| Includes 3g Added Sugars | 6% |
| Protein 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 80mg | 6% |
| Iron 0.4mg | 2% |
| Potassium 170mg | 4% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

CONTAINS: MILK, PECAN

